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## The English Procedure of The Landscape Montage Technique

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### INTRODUCTION

The Landscape Montage Technique (LMT) has been originated by Hisao Nakai in 1969 and reported in 1970 from the very practical point of view, the pursuit of the possibility and the application of psychotherapeutic approach to a schizophrenic patient through drawing method. Since then, LMT has been developed in Japan and researched almost within Japan. Recently, the cross-cultural researches on this technique are increasing in Japan. However, I think this technique can be expected to develop on much more international scale. Therefore, the purpose of this article is to introduce my English procedure of LMT.

This procedure is based on my presentation two times. One is in 1994<sup>1)</sup>. It is my initiative international opportunity in order to introduce this technique internationally. The second opportunity is the international workshop on LMT in 2000<sup>2)</sup>. At that time, I put LMT into operation to about two hundred foreigners by group method. This is my first experience. According to these my experiences, I intend to introduce the English procedure of LMT.

### PRACTICE OF THE LANDSCAPE MONTAGE TECHNIQUE

#### *Instruments*

It requires three instruments as follows. But you need not stick to them.

- (1) drawing white paper of A 4 size (297 × 210 mm).
- (2) black felt pen.

(3) crayons of about 24-color.

***Instruction and Practice***

A therapist draw a "fence" within the drawing paper with a felt pen. Next, He/She set the drawing paper widthwise and hands it and a felt pen to a client.

"Now I would like you to draw a landscape. Please draw in the order as I tell you. When you finish drawing one item, then I will tell you another that you draw next. There are ten items to tell you. These ten items make just one landscape. That's why I would like you to draw a landscape in the order as I tell you. It does not matter whether you draw well or not. You can reject drawing the item that you do not want to draw. Then..."

- (1) "The first is River. Please draw a river or rivers."
- (2) "Following the river is Mountain. Please draw a mountain or mountains."
- (3) "Next is Rice Paddy. Paddy field. Please draw rice paddy."
- (4) "I suppose it's time to have Road. Please draw a road or roads."
- (5) "Following the road is House. Please draw a house or houses."
- (6) "Next is a tree or trees."
- (7) "Following the tree is Person. Please draw a person or persons."
- (8) "Then, please draw a flower or flowers."
- (9) "Following the flower is Animal. Anything living will do. Please draw a creature or creatures."
- (10) "The last is Stone. A small stone, a big rock, or something made of stone will do. Please draw a stone or stones."

"These are the ten items. If you have something to add to them, please draw anything you like and finish the landscape."

"After you finish the landscape, please color it. The order of coloring is free, so color anything you like in the order you like."

"Have you finished? If you have not finished yet, you need not hurry."

After the client has finished, it is better to look his/her work together for a while. While watching, Some questions will come into the therapist's mind. As a general rule, it's all right to ask him/her these questions. But the matter requires utmost

psychotherapeutic care. The following are popular questions.

***Inquiry***

“What is a season of this landscape?”

“What is the weather?”

“What is the time of this landscape?”

“Which way does the water of the river flow? From which direction to which direction?”

“Is the river deep? Can you cross it on foot?”

“What is there over the mountain?”

“What is the person doing?”

“If you were in this landscape, where would you be and what would you do?”

The last is my original question, “Self image in LMT”.

“Then, please write the date of today and your name on the back of your work.”

## **REVIEW OF THE PROCEDURE**

***The drawing process***

I would like to review the practice method of LMT.

A therapist draws a fence on the A 4 size drawing paper with a black felt pen and says, “I would like you to draw a landscape. It does not matter whether you draw well or not. However, please draw in the order as I tell you. There are ten items to tell you and these ten items make just one landscape. That’s why I would like you to draw a landscape in the order as I tell you”. The ten items are “River, Mountain, Paddy, Road, House, Tree, Person, Flower, Animal, and Stone.” After drawing them, the client can draw anything he/she likes as an addition and finish the landscape. These are “the drawing process.”

***The coloring process***

The next is “the coloring process”. It is to color the landscape, and there is no restriction on the coloring in principle. When these two processes are over, the therapist and the client look at the work together, and the therapist asks questions which occurs to his/her mind. This is “the inquiry.” Sometimes the client talks of his/her

own will. There is no time limit in principle. If only you keep the order of presenting the items, the method can be somewhat flexible.

### SUPPLEMENT

I would list some supplements and directions in the following.

- (1) Draw a fence before a client's eyes. This is very important.
- (2) Tell a client at the instruction stage that this is not an evaluation of his/her drawing and guarantee that he/she may draw as he/she likes.
- (3) Support the client's discretion by answering his/her questions, "As you like." Of course, denial of drawing all or part of the items should be allowed.
- (4) Wait till one item is completely drawn before the therapist tell the next item. According to the situation, he/she had better indicate the item by the workings of his/her mind instead of the stereotyped instruction. For example, "Can we have House?" And if the client is a child, an adequate treatment is necessary including the instruction. For example, "Next? It's Road".
- (5) There is no fixed order in coloring. Denial of coloring all or part of the drawing should be allowed.
- (6) As for the questions after completion, ask them while looking at the drawing with a client.
- (7) Have a client sign the date and his/her name on the back side of the drawing, when everything finished. This is very important because the signature means the evidence of client's existence at that point of time, and the completed drawing of LMT is considered as the client himself/herself at that point of time.
- (8) There is no limit in time. It is said that the time required is usually fifteen to twenty-five minutes, but it often takes more time. For me, usually it takes about fifty minutes (one session). And it sometimes takes several hours.

At last, why do we practice the landscape montage technique?, why are we so interested in the landscape montage technique?, why is it so much popular in Japan?, why do we use it instead of another projective technique whose interpretation is easier?, and so on. These questions are so essential to the development of the land-

scape montage technique that they will also contribute to the development of a projective technique, so I hope you will keep the questions in your mind without answering them immediately.

[Notes]

- 1) "The Landscape Montage Technique." '94 *International Symposium on Psychopathology of Expression and Workshop for Art Therapy*. Oct. 14, 1994, Ewha Women's University, Korea.
- 2) "Experiencing The Landscape Montage Technique." *7th International Symposium of Korean Art Therapy Association*. Oct. 26 - 29, 2000, Taegu University, Korea.

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